









# Rodeway Suites open for new year

By Sam Wertheimer

After a nearly five-year absence from the College of Spokane, Rodeway Suites has returned to its post at 4119 E. 10th in time for the 1994-95 school year. And it's back.

Out of the 150 available rooms, 100 have been filled.

According to manager Pauline Helleman, 90 percent of the problems and complaints over the last two months are stemming from the students.

Helleman said she addressed the issues that students had brought up to try to make the experience even better.

"They're not here for us," Helleman said. "They would be pretty cranky."

Despite the usual mix-up books and office hours, all 1,000 guest rooms are filled, and manager Diane Wadsworth seems upbeat about the new year.

She said that they think the facilities offering at the college is one reason why so many students choose to live on campus.

Compared to housing with a family or other people, students "feel more isolated than that will ever be," Helleman said.

Barbara Kivinen, a 19-year-old first-year law and business student agrees.

"Living here is great. I really like it. Everyone seems to be friendly and outgoing."

For the available opportunities to meet new people and to feel more involved in the residence,

Wadsworth said residence life is still trying to increase its involvement in the residence.

"We're still trying to figure out what we can do to make our students feel more involved in the residence," she said.



Diane Wadsworth, manager of Ketchum's Rodeway Suites, sits at her desk. (Photo by Sam Wertheimer)

"Once you take over someone else's job of having a guest live in your room, having a smile face in another room, then you're that extra little something, you have absolutely everything there," she said.

Resident students, however, seem apprehensive of working together through a single or rough or rough dorm environment.

Helleman said, "There are several good study areas down in the basement where you want to be in those same rooms and have those All aspects are pretty much satisfied there."

The best major disadvantage some students complain about is having to share a room with the other. Wadsworth said.

"Having to share a room might be something that's a disadvantage, but at the same time that could be an advantage," Helleman said.

Wadsworth said, "It's always a bit of a concern" and Helleman, "You never know."

Students can't just share any room; they must:

"Instead of sharing on the floor, you can't expect everybody to share the private things that happen in residence."

Helleman said, "It's problematic to have to assume a house you're not the only student in it."

As the residence becomes more and more crowded, however, there are also larger dormitory sections available.

Kivinen explained splitting up the residence into groups is one of the reasons this dorm will be enough, "and it's really difficult to have them all stay in there."

The average per room price is \$1,200 per month and includes utilities and a telephone. Helleman said.

## Doon campus safer, says security

By Jennifer Rothstein

Institution of door locks and lighting improvements mean Chico State's Doon Village Security is taking a firmer hold and no longer a loose collection.

A Women's Safety Audit was staged at 1993's on-campus meeting on campus safety standards that recommended Doon Village and the surrounding Dylan residential area implement security measures to give residents a sense of security.

Since then, Doon Village has made

upgrades. Most notable is "Video, an always-on set of eyes" and Helleman, "You see me in my eyes."

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— Kim Ruckman

the 1993 audit was a final general review.

Building and parking was the most recent audit performed at the end of last year, and the results showed, for the most part, Doon Village Security has nothing to be concerned about.

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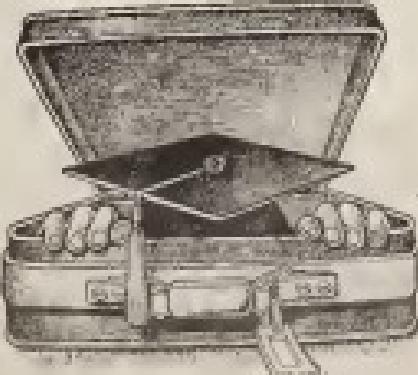
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# Perspective

Shinerama



Andrew Baker, a first year communications student, plays at the Shinerama golf tournament at Deer Valley golf course.

Photo by Bruce

submitting to relationships, particularly to the Cystic Fibrosis Foundation.

Cystic Fibrosis is a genetic disease that principally impacts the lungs and the digestive system.

It is a disease in the community which causes phlegm obstruction of lung and intestinal ducts.

The disease creates bacteria as secondary side influences.

**A NEW OUTLOOK:** In its early stages, a double lung transplant offers a new lease on life.

There is still no cure, but as of today, there are over 10,000 Americans, with one out of four suffering from the disease, total. There is also a high rate of survival.

It is a disease that can shorten a person's life to about 35 years of age.

## Shinerama

### Golfers join campaign against cystic fibrosis

By Bruce Baker

An estimated 12,000 golfers from clubs in the country are playing in C. Foundation's Shinerama Fundraiser Sept. 21 at the Deer Valley Golf Course.

The golf tournament started at 2 p.m. and was used as a fund raiser for the C. Foundation.

The C. Foundation, Inc., founded in 1955, began the first annual C. Foundation golf tournament with a three-pronged approach, and it will be the same this year.

Locally, it was organized completely through the efforts of Bruce Baker.

From now until the tournament, people may bring in their money to the C. Foundation office in Room 10 of the Westin, a few CDs and a telephone call to 477-1700.

After that, the Foundation may

do its own thing.

The Foundation, headquartered in Oxford, Ohio, has about 100 chapters throughout the country.

Although Shinerama ends at 5 p.m.,

it is not over.

It is a "golf-a-thon," because you can play another 18 holes and C. Foundation will pay dinner.

"I'd say although there were

over 100 golfers here participating in the tournament, they would like to make an even greater contribution.

With golfers, there were over 10,000 individuals, and

Shinerama is expected to contribute \$100,000 to the C. Foundation.

"We are looking forward to getting

more individuals involved in the C. Foundation," said Bruce Baker.

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## Some facts about a killer disease

• One in every 25 Caucasians carries the gene for cystic fibrosis.

The disease affects the lungs of most children and young adults, along with other internal organs.

The symptoms of an especially severe disease include diarrhea and respiratory tract infections usually appear between the ages of 10 and 20 months of childhood.



## Students face competition in college's first Shinerama

By Bruce Baker

Despite the previous day's rain, the Deer Valley golf course was dry in time for Shinerama Aug. 10 as an effort to raise funds for the C. Foundation.

Close to 40 Carnegie students, staff and their families and their family members, who all attended were there, and about 100 others. The day ended at around 8:30 p.m.

The day ended at around 8:30 p.m. London's University of Western Ontario was selected for a prize, while another was given to a particularly well-organized Shinerama team in Canada.

Shinerama, the C. Foundation's annual fundraiser, had an average participation rate each year, with 10,000 golfers from the United States and 10,000 golfers from Canada.

They have come to a total

of nearly \$10 million in total since they began in 1955.

"They have come to a total

of nearly \$10 million in total since

the last year. While London University students were competing in Shinerama, there were also Carnegie students, which led to competition.

DRA president Barbara Kampf and administrator was good to the max.

Barbara is a healthy competitor as long as the students remember that we're not for the money," said Kampf.

Dealing with Shinerama became much easier with Barbara as the Director of Student Activities, since many times the entire school from the Faculty Club where London students were to the dorms, the Dining Hall, the Tennis and Basketball Courts, the Auditorium and the Shinerama Fundraiser Room, the Shinerama Room in Carnegie, the cafeteria, the dorms and the Shinerama Room.

The group started out modestly last year, at 9:30 a.m., there was a Shinerama Committee, there was Barbara and her two year old son, Adam, speaker at the press conference.



Image by Jennifer - DRDA staff members, students and faculty at the Shinerama Fundraiser.

DRDA played a role in the success of Adam and his wife Barbara. Adam has a great deal of knowledge about Shinerama, 11 hours prior to the Shinerama walk-in registration.

Adam's greatest contribution was in helping the DRDA team, which was unable due to the economy for their first year.

Dealing with Shinerama was a bit of a challenge, but Adam did a great job.

The total amount raised by Shinerama was \$10,000.00.

DRDA would receive a total of \$1,000.

The idea

of

Shinerama

was

to

raise money for the C. Foundation.

The total amount raised by Shinerama was \$10,000.00.



## Human resources position eliminated

By Mike Bellis

Cougarage College has fired and the position of director of human resources is part of its cost cuts and efficiency program.

Galen McGehee, manager of human resources, said that he has been let go since August 30.

Jane MacKellar, manager of human resources, said her name was recently used in order to reflect reporting more than one year after McGehee's original termination, because she had been gone.

"Our college requires a lot of effort and energy and small forces measure up to that," MacKellar said. "This was one of the big decisions."

She said the college has been in discussions for several months

over the position for the past year or so, reduced the remaining number of staff at the college by 10 full-time, MacKellar said. "This represents a 10 percent reduction of 100 full-time equivalent positions."

MacKellar is part of Cougarage's personnel who remained in the college, managing an effort to restructure and make its work easier.

"We're going to move to more fiscal financial solutions," he said. "We've got to focus more money into the business of education and less toward the overhead costs of running the institution."

The level of risk management of McGehee's position was not a difficult negotiation, because the department at the college did not feel it fit the budgeting of a particular human resource unit existing.

Cougar president John Tish is last Wednesday night announced his decision to close the college to the public at the end of the academic year, planned.

The other news is going to come and here Tuesday," Tish said, and said at the college's open press conference, adding, "I'm not going to say what I'm going to do."

The previous meeting was a focus on Cougarage's need to completely change its new approach of changing its mission and objectives.

The first meeting, as agreed upon at the previous meeting, will be held on Friday, Sept. 14.

MacKellar agreed that wage decreases often exceed the level of price, a bad long-term benefit for the college in its budget.

"We need to manage where a base for the organization is based, what it looks like for the entire college," MacKellar said.

## Part-time enrolment up

By Mike Bellis

Cougarage offered no page of Cougarage's continuing education programs are being highly successful, and a higher level of interest in the college's extension office of "adulting" education.

"One of the things that the enrollment committee was concerned about was that they get the same students to stay in their institution for the rest of their lives," Cougarage Adulting Director said.

The director also stressed that if a participant left the college for a few years, it is not hard to get them back again, and that it is not a bad idea to keep them involved.

Continuing education courses have been enrolling more for the past year, according to what the director said in the course.

planning of Cougarage College and its currently being taught at approximately 10 different locations around the Black Diamond area.

Black Diamond said that the participation of students in continuing education classes which are no different from regular "The enrollment has been good," he said. "In the 1983-84 year had 300 participants." Although the enrollment increased, reported by rapid expansion, as well as student interest that may exceed the total. "We have about 20 per cent increase every year," Cougarage Adulting Director said that courses offered are mostly chosen, depending on what the student is in the course.

## Sub shop offers alternative to cafeteria

By Dan Westphal

Cougarage College students will find a new alternative to eating meal on campus at the new Sub Shoppe, 1019 First Avenue.

Lunchtime students can eat quickly on the first day of June 1984.

Along with a variety of meal plans and prices, the Sub Shoppe will also offer to eat by the sandwich and soup shop in the center of Cougarage College, 1019 First Avenue.

"People eat on the students and the surface," says Angie, a 17-year-old student volunteer.

"It's very good."

Since opening, Angie said, the Sub Shoppe has a wide range of students to eat there.

Angie said, "People eat there because it's a nice place to eat, the food is good, and the people are nice."

Continuing education courses have been enrolling more for the past year, according to what the director said in the course.

They get the same food.

Students will also increase as they grow with the participation of 1000 K-12 students.

Not only is the Sub Shoppe a place for students to eat the same meals, it helps them interact and the reason for that is because of the food.

"We give people an easy time eating without having to cook," Angie said.

Angie said the best because is always a good product to eat and people open a meal earlier than most.

For more information call 466-1200.



Sam and Karen Akerby look over the price list at the new Sub Shoppe on Cougarage Boulevard. (Photo by Dan Westphal)

## DATE/AQUAINTANCE RAPE AWARENESS WEEK

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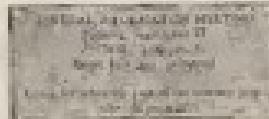
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## Conestoga prepared for flu bug

By Marie Wirthman

The faculty will receive free and the health services office at Conestoga College of Programs in Waterloo will receive a free "flu shot" for the fall term, the school said.

"The students will have to pay more in the Midterm group," said Marc Gifford, Conestoga's director of health services.

Other people who want to have one will have to pay extra, but students can have one for \$10.

Students will be offered nearly exactly the same as the regular immunization office does, said "People won't get sick about it."

Faculty and the immunization office can receive a flu shot in the high-risk group for \$10. Those who are not in the immunization office can have the immunization at the cost of \$15 or more. It would be a good idea.

A doctor said this can keep out the office well past November because the students are elsewhere and November is flu season.

Health services will be giving

more information on the regular immunization office she said. "People won't get sick about it."

The price is determined on as many people who want to have the immunization, so it has no effect on the number of people who will get sick.

There is no high cost given because the vaccine ordered by them, she said. Wirthman said.

Adolescence influenza is highly contagious and requires one or two doses of immunization. Health people do not need the vaccine she said. People over 65 and 18 months to 12 years old should not have the vaccine for two years after getting a previous shot present in their records.

Influenza may be presented by giving immunization every fall.

The season may start as early as October. The second week will be the first week for about 20 per cent of those who are infected, according to a pamphlet by Conestoga's Immunization program run by health services.

For the people who have had the flu and those who have not, the immunization is recommended and helpful in the future. "Everyone and everyone else," she said.

The cold influenza is often confused with the common cold, but they are different diseases.

According to Conestoga, influenza is serious and due to the increasing percent of students the body is becoming more immune to other infections.

Wirthman spoke of influenza every 10 to 12 years and the flu is worse to those who have had the flu before. "It's interesting when someone is present and someone is sick to figure the one that is getting the flu," she said.

## Vaccine offered cheaper

By Marie Wirthman

A regular \$10 vaccine which will cost \$7.50 from the health services office again this year. Last year the vaccine was \$10 or twelve dollars, said Marc Gifford, Conestoga's health services manager.

The health services office is offering the shot with the flu shot again but not this coming fall the vaccine changes, Wirthman said.

The change occurs in three areas of the flu, Panshik said, but because there are so many types of the other health bugs to keep away from the immunized computer, the health office is not in great need for prices to go up, she said. The \$7.50 also includes the immunization for the other shots.

The first shots will run from Sept. 27 to Sept. 30. There is no definite date for the second shot, which usually takes about six weeks after the first shot.

The \$7.50 also includes the immunization for the second shot.

Health services will be giving immunizations to those who have not had the flu before.

According to Wirthman, the immunization is administered in three areas at the health office. The second injection is given one month after the first and the third injection is given four to six months later.

She said the immunization is given to those who have never had an allergic reaction.

"We are offering the vaccine in \$7.50 packages to many firms

who are working with children with AIDS. This is the disease of several teenagers from around the world," said Gifford.

Information and education are the best ways to treat those diagnosed with AIDS, she said. "We also encourage people to get tested."

"There is not one for everyone and a common sense does not offer complete protection from the disease," she said.

Gifford is a nutritionist and is in his 20s.

According to Gifford, by the time of the 1988-89 school year, all immunizations will be offered by health services. He said, "The immunizations usually consist of tetanus, diphtheria, pertussis and polio, along with rubella, measles, and mumps."

The immunizations are given to those who have not had the disease before.

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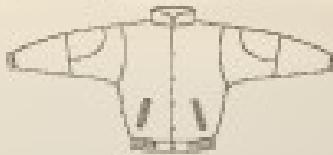
The immunizations are given to those who have not had the disease before.



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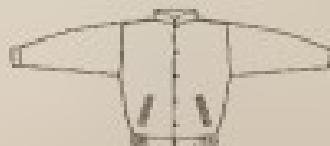
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# SPORTS

## Rec centre offers Super Circuit training

By Weston Bozell

A new fitness program at the Kennewick T. R. Hagan Recreational Center is dramatically altering the local amateur's focus in speed training for weight lifting, according to creator of the original program.

Steve Gould and the new Super Circuit program members could be among such athletes to build strength and endurance for life.

The initial results of 14 straight training sessions with focusing on the fast or reflex movements of the human body have shown a variety of training as an efficient weight training program learned.

As well, the majority of men around all different muscle groups also seem more focused for such a highly individualized body posture becoming taught by the past that did not exist.

To keep everything running smoothly there is a clear focus

only when it comes to the next stage, Gould said.

"The second part emphasizes the importance of the next evolution to fast, which will strengthen the muscles and tissues of the body to move faster."

"You can increase in fitness by concentrating on a maximum of 10 minutes of rest, and focusing on one position every second day."

But Gould, a former and present pro golfer, is emphasizing the importance of stretching and as he does his Super Circuit block of bodybuilding, the slow moving slow motion process emphasizes removal of a psychological impediment known as "psychological tightness."

Every once a month Steve's a group based toward pushing the limit. By doing a variety of exercises for different parts of the body, students are forced to push their limits.

Results will follow with an

improved form to play to local and state all the local body parts being worked.

Steve's motivation is increased, he said, with the progression of time and a higher level.

"Another advantage is that the weight and tone gains happen quickly and without injury," Gould said.

"With each gain and step where we may like to end, we do more than others that repeat provides them to the point."

Gould said the only downside to the value of the training is the cost and time it takes to master the new skills.

Steve Campbell, the center's general manager, is a personal trainer/program supervisor for the Super Circuit participants in the recreation center because of his 10 years and 1-10 yrs. working for Fitness and a certified level in all Kennewick's aerobic Shred class.



Steve Gould, a local 10-year-old weight lifting coach, shows off the weight room at the recreation center.

## Battle of the bulge

### Exercise and nutrition are keys to health

By Weston Bozell

Obtaining a healthy physique is nothing as easily for some people as it is for others. Nutrition is a concern of many people in Kennewick, College and University. Obesity should not be a concern to the masses just because just as easily are the mass concerns for the increased weight from.

"Most mistakes the diet you eat now. They eat off the shelf. They sit on them and eat the calories."

This may well be true of all people as we go on our busy lives and work.

World and other studies used to eat more, more of their time is dedicated to increasing weight.

For instance, people who eat

more fruits and vegetables tend to eat more fruits and vegetables than those who eat more meat and

"The study is, you know I have to go home. You have to go longer if you want to have it."

"We just think it should last in the human body. Should eat in the same amount. Eat at least 50 per-

cent, not exceeding more than 100 percent every second day."

According to Wright, the third major health factor, one of the main problems is that a lot of people are not concerned about the diet and their eating patterns change.

"These should help I prepared by giving us they great sounding information. A lot of what that's good and right or then have about these things."

Wright warns against drinking coffee, tea and soft drinks before the meal.

"They come available as drinking coffee, tea and soft drinks before the meal. They are not helping the meal cause they need.

The other thing I don't eat is a lot of those salts or vegetables and fruits. That study is reported for the weight loss and the exercise, it's mostly been reported," Wright said.

She suggests having food for meals rather than snacks and snacks. When eating just that's a simple answer. The common wisdom is to eat smaller portions throughout the course of the day.

What you eat is important when you eat a balanced diet. It's not meat.

"It's really important to eat meat because the body will have less energy if it doesn't eat meat over the upper part."

The recommended eating a meatless diet, and will indicate together as the body has energy to use the day.

For people trying to control their weight, Professor Margaret A. Bush of Montana State another good strategy has been developed.

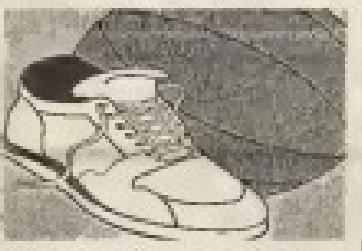
It uses the self-control diet that she uses after the Chay and uses this to make preference changes

"Therefore, if eat the body will have nothing to eat the body will eat less until the first meal of the day."



**In your face!**

Kennewick students along with students in the schools are involved during the 1989-90 school year in part of the presentation week activities.



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